

# Breath Flow Club

STEPHEN  
LAWRENCE  
DAY 

PRODUCED IN COLLABORATION WITH THE  
STEPHEN LAWRENCE DAY FOUNDATION  
AND DAVINA EBIKEME

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# Stephen Lawrence Day

Stephen Lawrence Day is an opportunity for people, communities, and organisations to come together and honour Stephen's life and legacy, stand up against discrimination in our daily lives and work towards a more hopeful tomorrow. Through reflection, learning, and action, we can inspire change and create a better future for the next generation.

The Stephen Lawrence Day Foundation exists to inspire a more equitable, inclusive society and to foster opportunities for marginalised young people in the UK.

The Stephen Lawrence Day Foundation is committed to creating a fairer society in which all young people, regardless of their background, have the opportunity to flourish. By providing mentoring, coaching, work experience opportunities, and bursaries for education and training, the Foundation broadens young people's view of what's possible and creates pathways into education and career opportunities which might not otherwise be open to them. The Foundation empowers young people with the knowledge, skills, and qualifications they need to pursue the career of their choice, and supports them to progress along their chosen path.

In partnership with the foundation, Davina Ebikeme of Doula Therapies, is delivering a programme to provide young people and the wider community with resources that can help them throughout their life journey.

# Davina Ebikeme

Davina Ebikeme is a doula, a 'fascia touch' practitioner and a breathwork coach based in the UK. Her practice, Doula Therapies, focuses on supporting and empowering pregnant individuals and their partners throughout their birth journeys. Empowering them through the application of dynamic and holistic modalities, focusing on biomechanics, fascia touch, full-presence meditation and breathwork.

Full-presence meditation is a form of interoceptive meditation that encourages the location of attention within the body. It allows us to tap into our inner movement and vitality, cultivating a quality of presence that moves towards wholeness and inner unity to support a more embodied life experience.

Breathing is a simple act, one we do without pause for thought. Done with intention, it's deeply transformative. It can reduce stress and anxiety, lower heart rate and blood pressure, promote calm and well-being, elevate moods, and induce deep relaxation.

Both modalities are about creating and holding space for everything in our lives. Allowing ourselves to connect to our bodies and each other better and to love ourselves and each other more. If we're anxious, overwhelmed, stressed, or physically or emotionally drained, meditation and breathwork can help to restore much-needed balance and support throughout our lives.

# Knowledge Changes Everything: The Ripple Effect

## Breathe. Focus. Thrive.

Life can feel overwhelming sometimes—whether you’re starting a new school, preparing for exams, or figuring out what’s next. Change and pressure can bring stress, anxiety, and uncertainty. But what if something as simple as your breath could help you feel more in control?

This breathwork workbook is here to help. You’ll learn how to use your breath to:

- **Manage stress and anxiety** when things feel too much.
- **Stay calm and focused** in exams and everyday life.
- **Make mindful choices** that shape a more positive future.

Your breath is more powerful than you think. It’s always with you, ready to help you reset, refocus, and regain confidence. By practising simple breathing techniques, you can train your body and mind to respond to challenges in a healthier way—whether that’s calming your nerves before a big test, staying composed in difficult conversations, or easing the pressure of a busy schedule.

Breathwork isn’t just about relaxation—it’s about **building resilience**. When you learn to control your breath, you gain control over your thoughts, emotions, and reactions. The choices you make when you’re calm and clear-headed can have **a ripple effect**, leading to better decisions, healthier habits, and a greater sense of self-belief.

So next time you feel stressed, overwhelmed, or unsure—**pause, take a breath, and reset.**

# What is Breath Flow?

What comes to mind when you hear the word 'breath'? Do you think about how your breath moves in and out, how your belly rises and falls with each breath? Do you ever wonder how it actually works? Or maybe you haven't really thought about it much.

Breathing, it's simple and important. We breathe all the time without thinking about it, every minute of every day; but what if we could breathe even better? Breathing in the right way can make a big difference in how we feel in our minds and bodies.

I like to call this practice, Breath Flow because breathing shouldn't feel like hard work. It's like yoga or meditation – it's easier and more fun when we relax and let our bodies do their thing.

Breath flow is about making room for everything in life – the good stuff like love and joy, and even the tough stuff like pain. It's about healing, connecting, and loving ourselves and each other more.

If you're feeling stressed or tired, your breath flow can help you feel better. And when things are going great, it can make you feel on top of the world!

Taking a few moments each day to focus on our breath and to connect with ourselves, can help us develop the resilience and self-care we need to face any challenges and enjoy life to its fullest.

So, let's take a moment to breathe in... and breathe out. It's that simple.

Enjoy!

# Breathe in Breathe out

So, let's talk about breathing! Even though breathing is something we do automatically, paying attention to it and understanding how it works can help us do it even better.

So, how do we breathe? And what parts of our body help us do it?

We tend to breathe in two different ways: chest breathing and belly breathing. Both are okay, but the best way is actually with our thoracic diaphragm which is sometimes called the abdominal diaphragm.

In fact, we have 4 main diaphragms in the body that all work together as we inhale and exhale – our cranial, cervical, abdominal and pelvic diaphragm. When practising breath flow exercises we tend to bring focus to our abdominal diaphragm, so we can belly breathe.

Our abdominal diaphragm is a special muscle that helps us breathe deeply. When we breathe in, it moves down, making space for our lungs to fill with air. And when we breathe out, it moves back up helping us to empty our lungs of air.

Let's try it together. Put your hands on your lower ribs and take a deep breath in to your belly. Can you feel your ribs expanding? That's your diaphragm at work!

Breathing with our belly and engaging our diaphragm helps us get more oxygen and keeps our heart healthy which makes us feel and function better overall. And that's just a small part of what our breath can do.

Remember, everyone's journey to better health is unique. But starting with something as simple as breathing can make a big difference!

**INHALE**

**Diaphragm descends**  
**Pelvic Floor descends**

**EXHALE**

**Diaphragm lifts**  
**Pelvic Floor lifts**

2. Inhale



1. Belly out

2. Exhale



1. Belly in



# Breath Flow: The Basics

**Find a  
comfortable  
seated  
position**

1

If in a chair,  
place your feet  
flat on the  
ground and  
your hands  
resting on your  
knees.



**Close  
your eyes  
and take a  
deep breath**

2

Breathe in  
through your  
nose, filling your  
lungs with air.



**Slowly  
exhale  
through your  
mouth**

3

Exhale  
releasing all  
the air from  
your lungs.



**Repeat  
steps 2-3  
for at least  
five cycles**

4

Or as long as  
you need to  
feel more  
relaxed.



# Breath Flow: Exercises

## 01 Take it Easy (4:7:8 Breath)

Designed to help calm your nervous system, this breath flow is powerful for relieving stress, anxiety or overwhelm, and it's great for practising your breath control. It really helps to relax your body and mind.

We inhale through our nose for 4 counts, hold for 7 and exhale making a whooshing sound through our mouth for 8 counts.

## 02 Deep Relaxation (4:8 Breath)

This breath flow is all about deep relaxation, and it's great for when you might need a break from the stresses of daily life. It's also good to do when going to bed to help support a good night's sleep.

By exhaling longer than our inhale we're telling our nervous system that it's safe to relax and rest. It's a simple yet effective way to unwind after a long day of school or other activities. It's a wonderful tool to have in your toolkit for managing stress and promoting overall well-being.

## 03 Find the Balance (1:1 Breath)

This is a great practice for balance and regulation—helping to soothe the mind and body, reduce stress and anxiety, and improve focus and concentration.

The goal is to breathe in and out for the same count, ideally through the nose. When we match our inhale and exhale, we help create harmony between energy and relaxation, keeping our nervous system balanced and responsive.

This practice also improves heart rate variability, allowing for greater adaptability and resilience. Our heart rate naturally increases on the inhale and decreases on the exhale, promoting overall well-being.

# Breath Flow 01

## Take it Easy

In this breath flow, you'll practice a **4-count inhale** through your nose, a **7-count breath hold** and an **8-count exhale** through your mouth.

### Getting Ready

This exercise can be done **seated or standing**.

- Keep your back **tall but relaxed**.
- Let your hands rest **by your sides** if standing or **in your lap** if seated.
- Soften your **face, shoulders, and belly**.

### The Breath Pattern

1. **Inhale** gently through your nose for a count of **4**.
2. **Hold** your breath softly for a count of **7**—without strain, just a gentle pause.
3. **Exhale** through your mouth for a count of **8**—with a soft whooshing sound, releasing all the air.

With each exhale, **imagine any tension leaving your body**, washing away stress and worry.

### Duration and Practice

- Begin with **4 rounds** of this breathing pattern.
- After **one month** of practicing **twice daily**, you may gradually increase to **8 rounds**.
- Once finished, return to your **natural breathing rhythm** and take a moment to settle.

### Closing Reflection

Notice how you feel. Do you sense a deeper feeling of **calm, relaxation, or ease**? Allow this peaceful energy to stay with you throughout your day.

# Take it Easy 4:7:8

## inhale

slowly and deeply  
through the nose for  
**four counts**

## hold

gently hold your breath for  
**seven counts**

## exhale

slowly through your mouth for  
**eight counts**

repeat

# Reflections on my practise

How are you feeling? It's always good to give yourself a moment to explore any thoughts and emotions that may have come up for you during your practise. Remember, it's okay to feel many emotions all at once, reflecting on them can help you understand them and yourself better.

# Breath Flow 02

## Deep Relaxation

For this breath flow, you'll practice a **4-count inhale** through your nose and an **8-count exhale** through your mouth.

### Getting Ready

Begin by **lying down** in a comfortable position, or if you prefer, you can **sit upright** with a relaxed posture.

- If lying down, rest your arms naturally by your sides.
- If seated, place your palms gently in your lap.
- Whichever position you choose, ensure you feel **supported and at ease**.

### The Breath Pattern

1. **Inhale** slowly and deeply through your nose for a count of **4**. Feel your belly rising.
2. **Exhale** fully and gently through your mouth for a count of **8**, allowing all the air to release and your belly to fall.
3. With each exhale, **imagine any tension and worries melting away**.

### Duration and Intention

- Begin with **3 minutes** of this breathing pattern.
- As you become comfortable, extend the practice for as long as you'd like.
- With each inhale, **draw in calmness and relaxation**.
- With each exhale, **let go of stress and tension**.

### Closing Reflection

After finishing, take a moment to check in with yourself.

- How do you feel? **Calmer? More relaxed? Sleepy? At ease?**
- Notice any shifts in your body or mind before gently returning to your day.

# Deep Relaxation 4:8

## inhale

slowly and deeply through the nose  
for **four counts**



## exhale

slowly through the mouth  
for **eight counts**



# Reflections on my practise

How are you feeling? It's always good to give yourself a moment to explore any thoughts and emotions that may have come up for you during your practise. Remember, it's okay to feel many emotions all at once, reflecting on them can help you understand them and yourself better.



# Breath Flow 03

## Find the Balance

This practice helps **soothe the mind and body, reduce stress, and improve focus**. By breathing in and out for the same count, we create a **balance between energy and relaxation**.

### Getting Ready

You can do this **seated, standing, or walking**.

- If **seated**, place your **palms on your thighs or in your lap**.
- If **standing or walking**, keep your eyes open for balance.

### The Breath Pattern

1. **Breathe naturally**, inhaling and exhaling through your nose.
2. On your next breath, **notice the length of your inhale and exhale**.
3. If they're different, gently extend your inhale to match your exhale.
  - a. For example, if you **inhale for 3** counts and **exhale for 4**, bring your **inhale to 4**.
4. If **both are already even**, simply continue as you are.
5. Once balanced, and after a few breaths, gently **increase both your inhale and exhale by 1 count** if comfortable. If not, stay at your natural rhythm.
6. Keep the breath **relaxed and natural throughout**—don't force it.

### Duration and Intention

- Begin with **3 minutes** of this breathing pattern.
- As you become comfortable, **extend to 8 counts** on both the inhale and exhale.

### Closing Reflections

- If practising while standing, **try walking slowly** around your space—this **helps your body remember the practice** for easy use later.
- Take a moment to reflect on how you're feeling, hopefully **more balanced and relaxed**.

# Find the Balance 1:1

## inhale

slowly and deeply through the nose  
for **five counts**

repeat

## exhale

slowly through the mouth  
for **five counts**

# Reflections on my practise

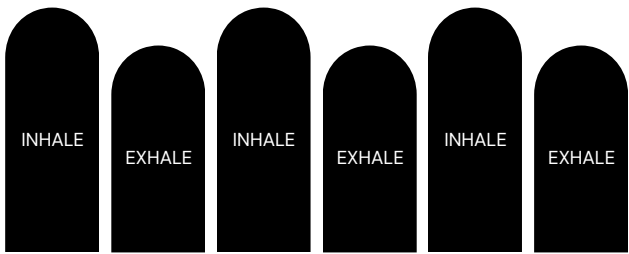
How are you feeling? It's always good to give yourself a moment to explore any thoughts and emotions that may have come up for you during your practise. Remember, it's okay to feel many emotions all at once, reflecting on them can help you understand them and yourself better.

# Time to pause and reflect!

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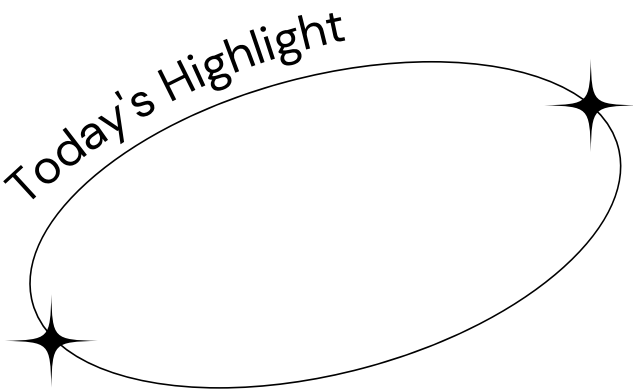
S M T W T H F S

Breathe before writing



Breath flows I did today

How I am feeling today



Describe today in a drawing

Things that made me smile

Things I'm looking forward to tomorrow



# Keeping breathwork safe for kids.

Safety always comes first when practising breathwork with children. It's important to have a calm, supervised space free from hazards to prevent any accidents or discomfort.

Kids should practice these exercises in moderation, going at their own pace and stopping if they feel dizzy or uncomfortable. We encourage them to listen to their bodies, take breaks when needed, and adjust techniques to suit their comfort level.

Breathwork can support a healthy lifestyle but it's not a substitute for professional medical advice.

Parents and guardians play a key role in ensuring their child's well-being during these exercises. They should adapt practices to fit their child's unique needs and abilities while understanding any potential risks.

Every child is different, so flexibility is essential. Adjusting techniques based on age, development, and physical ability helps create a safe and enjoyable breathwork experience that promotes relaxation and well-being.



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